



Level II: Primary Skills

Purpose: Expand on fundamental aquatic locomotion and safety skills.

Perform reaching & extension assist from deck
Assist nonswimmer to feet
Be familiar with rescue breathing
Move from standing to horizontal position
Hold breath and fully submerge head for 3 seconds
Float or glide on front, unsupported, for 5 seconds
Float or glide on back, unsupported, for 5 seconds
Submerge to retrieve object in chest-deep water
Explore deep water, with floatation support
Enter pool into chest-deep water and stand
Perform flutter kick on front & back (support optional)
Turn over from front to back and back to front
Float on back while finning with hands
Practice back crawl arm action
Perform combined (kick & arms) stroke front, 5 yards
Perform combined (kick & arms) stroke back, 5 yards

A Level I card is required to enroll in this course.